IS THERE DRAMA WITH 'THE VOICE' COACHES?

ADAM LEVINE AND PHARRELL MIGHT NOT BE GETTING ALONG. PAGE 12

metro

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Wednesday, March 4, 2015 www.metro.us | t: MetroPhilly | f: MetroPhilly

Shady business

McCoy traded. The Eagles stunned Philadelphia on Tuesday night, reportedly trading star running back LeSean McCoy to Buffalo in exchange for linebacker Kiko Alonso. PAGE 22

LeSean McCoy had been in a Philadelphia uniform since he was drafted in the second round of the 2009 NFL draft. / GETTY IMAGES

Ramsey: Cops need an attitude change

PAGE 02

Wolf wants new taxes, more funds to schools

PAGE 04

Head to toe, B-Method will work you over

PAGE 20

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1 NEWS

Top 3

The best of Metro.us

1 'Don't call her Belle Knox: A Q&A with Diana Colton, NYU student and porn star'

2 'Bad blood among the "Voice" judges'

3 'Winners of "The Voice": Where are they now?'

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Ramsey: US cops need to change their attitude

Relations. Philly's top cop said officers nationwide need sweeping attitude-related changes.

Philly's top cop believes law enforcement officers nationwide need sweeping, attitude-related changes to improve police-community relations.

"It may take generations until some of this stuff is in place," Commissioner Charles Ramsey, who was tapped by President Obama in December to chair the 21st Century Policing Task Force, said of the group's findings on Tuesday.

"We need to get away from 'us versus them,'" Ramsey said. "Even in our most challenged neighborhoods, everybody's not involved in criminal activity. Everybody's not doing something wrong. So who is the 'them'?"

Ramsey spoke as his own police department faces growing criticism over the use of force.

The first Department of Justice report on police-involved shootings in Philly is due out Friday. Ramsey asked the DOJ to review the department in 2012, after statistics showed an increase in officer-involved shootings.

The Dec. 15 police shooting of Brandon Tate-Brown, 26, who is alleged to have been running for a gun after a traffic stop when officers shot him, has provoked public protests and has Tate-Brown's family accusing the department of lying and falsifying evidence.

Brian Mildenberg, the attorney for Tate-Brown's family, said this week that "the police story has changed so many times that … we now believe that Brandon was pulled over for no good reason at all."

Philadelphia police have defended their handling of the shooting. The officer who pulled the trigger was cleared of departmental violations, but is still being investigated by the DA's office.

Ramsey did not address the Tate-Brown case Tuesday but acknowledged some Americans do not trust police.

"When there's this general feeling of mistrust of police right now … even the most ridiculous misstatements have some credibility right now," Ramsey said, referring to recent reports that Chicago police have a secret "black site" where they hold prisoners.

Ramsey, a former police commissioner in Chicago, said those reports are false.

The task force's 115-page preliminary report, released March 2, does not include specific recommendations on the use of body cameras by police.

One key recommendation of the report invokes instilling in police officers a "guardian mentality," which Ramsey said is about "getting away from the adversarial relationship."

Quoted

"We've talked about fighting crime, the war on crime, the war on drugs, the war on this, the war on that. … But we're not fighting the people we serve."
Ramsey

Cameras

The task force's 115-page preliminary report, released March 2, does not include specific recommendations on the use of body cameras by police.

- Ramsey said the task force did not want to focus on cameras without being able to evaluate other technology in development — such as drones and facial recognition technology.

SAM NEWHOUSE
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West Oak Lane

Man charged with murder in stabbing in Minaj roadie stabbing

Pierre Boykin, 31, originally charged with attempted murder related to the double stabbing that left one Nicki Minaj roadie dead and another wounded, is now accused of murder.

Boykin was originally charged with stabbing only Eric Parker, who survived, but further investigation led police to blame Boykin for the fatal stabbing of Devon Pickett. METRO

Designing the future at annual science fair at Temple

Kids presented science projects on prosthetic arms, solar panels and robotics March 3 at the annual George Washington Carver Science Fair for students grades 7 to 12, held at Temple University. Above, from left, Evan Elliot, Jared Trusty and Najee Harrison discuss their projects.

CHARLES MOSTOLLER

Guilty. Judge threw case as favor, admits businessman

Politically connected businessman Sam Kuttab pleaded guilty in federal court Tuesday to using his connections to a municipal judge to influence a case against him.

Luther Weaver, Kuttab's attorney, said Kuttab acknowledges that in 2011 he used Municipal Court Judge James Waters' influence to get a lawsuit against his real estate company dismissed.

"He just wants to end this case and get on with his life," Weaver said.

Prosecutors say Kuttab raised money for Waters to earn the judge's gratitude.

In one telephone conversation, Waters told the judge, who ultimately dismissed the case, that Kuttab was a friend.

"He's a friend of mine, so if you can take a hard look at it …" Waters is heard saying.

After a little back and forth, the judge responds, "No problem."

Waters was sentenced to two years in prison on January for his role in the influence-peddling scheme.

Kuttab will be sentenced in July. DAN KELLEY

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Video released

Puppy stolen outside drug store

Police are on the hunt for a man caught on surveillance video stealing a five-month-old pit bull puppy left tied to a pole while its owner shopped at the Rite Aid store on the 2500 block of Aramingo Ave. in Kensington.

Watch the full video online at Metro.us / PPD

The theft around 11 a.m. Monday took less than two minutes.

After the dog's owner, a 20-year-old woman, left her pup tied up, surveillance video caught images of the suspect parking a blue SUV in front of the dog.

After stopping to scan the area, he placed the grey and white puppy in his car and drove away.

The suspect is described as a white or Hispanic male, bald, with all gray clothing. Footage did not show the direction in which he fled. DAN KELLEY

Got info?

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Gov. Tom Wolf in Philadelphia on Election Day 2014.
CHARLES MOSTOLLER

Wolf proposes tax revamp for the state

Pennsylvania. The soft-spoken yet hard-hitting new governor outlined his planned budget for the state.

Pennsylvania Governor Tom Wolf proposed a $29.9 billion budget on Tuesday that includes $2.5 billion of net tax increases for fiscal 2016.

Wolf's sweeping revamp of the state's tax system would raise sales and personal income taxes while lowering property and corporate taxes, he said during his address to lawmakers.

The budget would implement a 5 percent tax on the state's booming natural gas extraction industry, using the estimated $1 billion of annual revenues to increase public education funding.

"Pennsylvania will not improve until it rebuilds the middle class," Wolf said.

He also wants to increase the state's share of local education funding from the current 35 percent to 50 percent, a level not seen in about four decades.

Wolf's speech addressed problems from a sluggish economy to pension underfunding and a $2.3 billion budget deficit.

Overall, the total tax burden on the average middle class homeowner would drop 13 percent under Wolf's plan. REUTERS

Quoted

"Bold, just and, most importantly, actionable."
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"A bold budget plan to undo the Corbett cuts to education, provide a wage tax break in Philadelphia and pull Pennsylvania up from the rank of 50th in job creation."
State Rep. Brian Sims

"Governor Wolf's budget proposal provides new opportunity to Philadelphia's children.
Mayoral candidate Jim Kenney

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Pennsylvania

Court to argue state ban on death penalty

The Pennsylvania Supreme Court announced Tuesday that it will hear arguments over Gov. Tom Wolf's moratorium on the death penalty.

Wolf announced the moratorium in February, citing concerns over the fairness of how the death penalty is applied and cost of executions. His announcement halted the scheduled March 4 execution of Terrence Williams of Philadelphia.

That action prompted a challenge from Philadelphia District Attorney Seth Williams, who argued that the moratorium was "unconstitutional and illegal."

Terrence Williams is a former star high school quarterback sentenced to death in the 1986 killing of a 56-year-old man when he was 18.

A hearing date has not been set. METRO

No Robin Hood: ICE agent steals from his detainees

Immigration.
ICE agent caught stealing admitted doing it before, according to DA.

A federal immigration agent was arrested in Philadelphia for stealing money from an undercover officer he believed was an illegal immigrant.

Justin Ford, 31, was caught in a sting set up by Philadelphia police and prosecutors after his bosses at the Department of Homeland Security began investigating him.

"Agent Ford was willing to throw away his entire career for $200," Philadelphia District Attorney Seth Williams said.

Ford came under suspicion after another prisoner he was tasked with transporting complained that money was missing, said Gregory Null, special agent-in-charge of the Department of Homeland Security's Inspector General's Office.

Justin Ford and his badge. / PHILADELPHIA DISTRICT ATTORNEY'S OFFICE

Surveillance tape of the illegal immigrant being checked into York County Prison, which houses immigration detainees, showed an agent putting something into his pockets. Null said both Ford and his partner were suspects at the time.

Federal agents contacted police in Philadelphia, where Ford was based, looking for an undercover agent to use in the sting.

Police say Ford's partner left him alone with the undercover agent, who was carrying $2,000 in marked bills.

The undercover agent pretended to speak only limited English when questioned about the cash and claimed he didn't know how much he was carrying. When Ford returned the money to him, he did not return all of it, prosecutors say. Ford allegedly confessed after he was taken into custody.

Quoted

"Clearly, Agent Ford saw him as an easy victim." Williams

DAN KELLEY
@MetroPhilly
letters@metro.us

Corruption

Ford's thefts allegedly total $750 in an estimated two or three thefts from prisoners, prosecutors said.

- The Philadelphia District Attorney's Dangerous Drug Offender's Unit, Philadelphia Police Department, U.S. Department of Homeland Security's Office of the Inspector General, and the Middle and Eastern Districts of the U.S. Attorney's Office of Pennsylvania all participated in the joint operation to apprehend Ford.
- Ford is charged with official oppression, theft by unlawful taking, receiving stolen property and conspiracy. Bail was set at $25,000.

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Five things you need to know

1 Snowden in talks on returning home to US: lawyer

A Russian lawyer for Edward Snowden said on Tuesday the fugitive former U.S. spy agency contractor who leaked details of the government's mass surveillance programs was working with American and German lawyers to return home.

Anatoly Kucherena, who has links to the Kremlin, was speaking at a news conference to present a book he has written about his client. Moscow granted Snowden asylum in 2013, straining already tense ties with Washington.

The United States wants Snowden to stand trial for leaking extensive secrets of electronic surveillance programs by the National Security Agency (NSA). Russia has repeatedly refused to extradite him.

Snowden has said in the past he would like to return home if he was assured he would be given a fair trial.

A deeply divisive figure, Snowden is praised by some as a civil rights campaigner and whistleblower and condemned by others as a traitor who had compromised U.S. security. Kucherena said last August Snowden had been granted a three-year residence permit in Russia. REUTERS

Quoted

"I won't keep it secret that he ... wants to return back home. And we are doing everything possible now to solve this issue. There is a group of U.S. lawyers, there is also a group of German lawyers and I'm dealing with it on the Russian side."

Russian lawyer for Snowden

EDWARD SNOWDEN GETTY IMAGES

2 Justice Department finds racial bias in Ferguson police practices

The U.S. Justice Department on Tuesday concluded that the Ferguson, Missouri police department routinely engages in racially biased practices, according to a law enforcement official familiar with the department's findings.

The investigation into the police department began in August after the shooting of unarmed African-American teen Michael Brown by a white police officer in Ferguson sparked national protests.

The findings will be used by the Justice Department to either negotiate with Ferguson officials and enter a consent decree or, if negotiations fail, sue the city. REUTERS

Ferguson police / GETTY IMAGES

3 FAA wants to speed approval process for commercial drones

The Federal Aviation Administration is seeking ways to speed up the approval process for commercial drone operations, but its efforts have been hindered by its lack of authority to review multiple applications on a group basis, the FAA chief said on Tuesday.

FAA Administrator Michael Huerta told a U.S. House aviation subcommittee that the agency could better address a backlog of 450 requests from companies seeking exemptions to use commercial drones if it could approve a class of applications that have similar circumstances.

The FAA recently proposed new regulations that would lift the current ban on most commercial drone flights, but the final rule-making could take anywhere from nine months to three years to finalize the hearing. REUTERS

4 China hopes environment chief will be breath of fresh air

One year after "declaring war" on pollution, China has appointed an inexperienced outsider as its new environment minister tasked with breathing life into a massive clean-up campaign that even optimists say will take decades to complete.

Beijing has vowed to reverse the damage done to its skies, rivers and soil during China's three-decade dash for growth, putting its under-resourced environment ministry under pressure to deliver results.

Leading that drive will be Chen Jining, 51, an environmental scientist and president of China's prestigious Tsinghua University, who was appointed the country's Minister of Environmental Protection on Friday. REUTERS

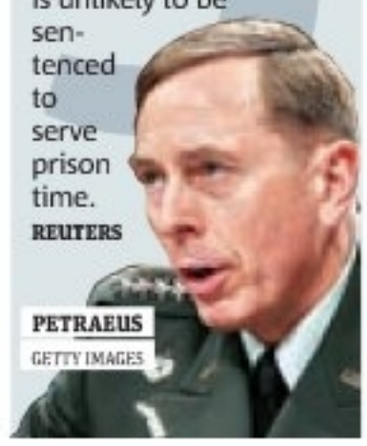
Beijing, China / GETTY IMAGES

5 Ex-CIA chief Petraeus to plead guilty in affair-related case

Former CIA Director David Petraeus has agreed to plead guilty to a single charge relating to mishandling classified information in a case arising from the ex-U.S. Army General's extramarital affair with a female Army Reserve officer, the Justice Department said on Tuesday.

Documents disclosing Petraeus's guilty plea were filed in federal court in Charlotte, North Carolina. The retired four-star general agreed to plead guilty to a charge of unauthorized removal and retention of classified material.

A law enforcement source said Petraeus is pleading guilty to a misdemeanor charge and is unlikely to be sentenced to serve prison time. REUTERS



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Netanyahu draws rebuke from Obama

No shows. As many as 60 of the 232 Democratic members of Congress sat out the address.

Israeli Prime Minister Benjamin Netanyahu addresses a joint meeting of Congress on Tuesday. / GETTY IMAGES

Prime Minister Benjamin Netanyahu warned the United States on Tuesday that it was negotiating a bad deal with Iran that paved the way to a "nuclear nightmare," drawing a rebuke from President Barack Obama and exposing the depth of a U.S.-Israeli rift.

Delivering dueling messages within hours of each other, Netanyahu made his case against Obama's Iran diplomacy in a speech to Congress that aligned himself with the president's Republican foes. Obama responded in the Oval Office, declaring in a frustrated tone that Netanyahu offered "nothing new."

In its response, the Iranian government denounced Netanyahu's 39-minute speech as "boring and repetitive," the state news agency IRNA said.

"If the deal now being negotiated is accepted by Iran, that deal will not prevent Iran from developing nuclear weapons — it will all but guarantee that Iran will get those nuclear weapons, lots of them," the Israeli leader said, offering a point-by-point critique of Obama's strategy.

In a 10-minute rebuttal to Netanyahu's address, Obama said the prime minister offered no viable alternatives. "The alternative that the prime minister offers is no deal," he said. REUTERS

Standing ovations

26

Netanyahu's speech drew 26 standing ovations.

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Defense chief. Budget cuts could delay high-tech programs

Defense Secretary Ash Carter testified on Tuesday that deep budget cuts could force the Pentagon to put on hold several key weapons development programs, including efforts to build a next-generation fighter and a more efficient aircraft engine.

Carter, in written testimony for the Senate Armed Services Committee, said if Congress forced the Pentagon to live within current spending caps, the department would have to put on hold programs like the Aerospace Innovation Initiative, which is working on the next generation of fighter aircraft.

He said the Pentagon also would have to put on hold programs to develop a new efficient aircraft engine and a new missile defense interceptor. REUTERS

Maintenance work is done on an F-16 Fighting Falcon at Buckley Air Force Base in Aurora, Colorado. / GETTY IMAGES

Democrats scramble to defend Hillary Clinton over her email flap

Clinton's defense. Democrats said previous secretaries of state used personal accounts.

Democrats scrambled to contain the fallout from revelations that Hillary Clinton may have violated the spirit of federal records laws by using her personal email for work while secretary of state.

Her bypassing of official communications at the State Department fed a political narrative that Republicans want to use to damage Clinton, that the wife of former President Bill Clinton is obsessed with secrecy and has something to hide.

300

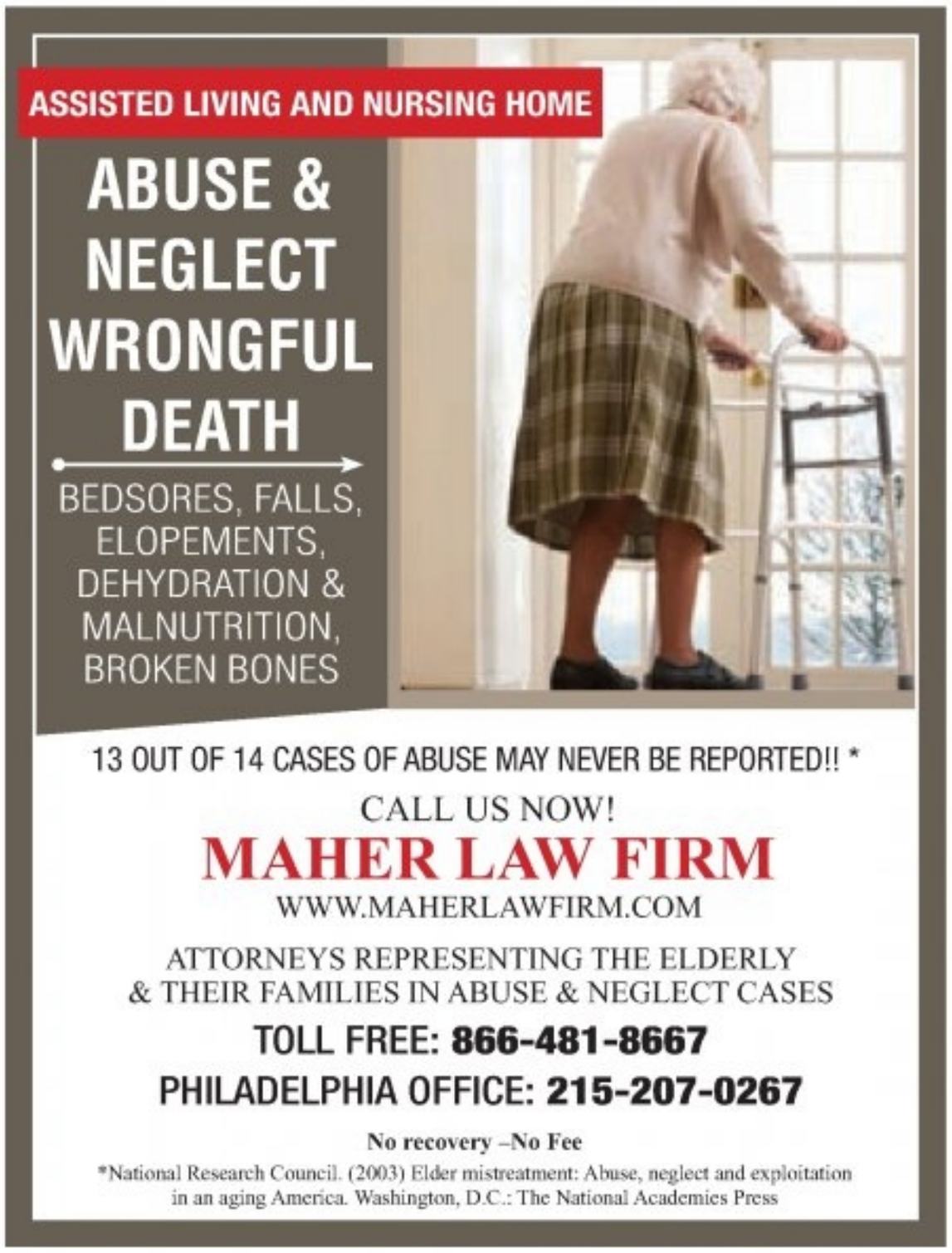
The State Department said Clinton last year turned over emails from the period after a records request and that 300 of these were sent to a congressional committee investigating the events surrounding the Sept. 11, 2012, attack against a U.S. diplomatic facility in Benghazi, Libya.

Hillary Clinton might run for president in 2016. / GETTY IMAGES

Clinton was President Barack Obama's first-term secretary of state from 2009 to early 2013. During her tenure, she used a personal email account, officials now acknowledge, in what at the least may have been a technical violation of laws requiring all official documents to be preserved.

"The State Department has long had access to a wide array of Secretary Clinton's records, including emails between her and Department officials with state.gov accounts," said State Department spokeswoman Marie Harf.

Clinton spokesman Nick Merrill acknowledged she used a personal account but said she followed both the "letter and spirit of the rules." REUTERS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Samah Hamdi. 'Women must do what they choose and believe in'

This is the third in a Metro series leading up to International Women's Day on March 8.

Samah Hamdi / METRO WORLD NEWS

5 days to International Women's Day

Samah Hamdi, a 27-year-old woman from Egypt, made a video earlier this year in which she walks around Cairo wearing a wedding dress. She ate in a restaurant, took a ride in the metro — all to address the social stigma surrounding unmarried women in her country. "My interest is to confront society and break its taboos," she said.

Why did you start wearing a wedding dress?
The women in our society have always been placed under the magnifying glass. Always molded and with reduced integrity and treated as something inanimate, as if God created women to achieve the goals of others. Always demanded to please others without taking care of her ambitions. We are pressed, going to a college which people choose. Doing what others want. Dressed the way they want. Even thinking the same. That's where my idea came from — pressure we are under all the time, a confiscation of our being. The woman is programmed as a supreme target: to be married.

So, it's not just about marriage?
Yes, marriage is just an example. The idea is to refuse the dissemination of ideas on women. Everyone in our society believes man is the only person who is right; other opinions are wrong. I tried to say we both can be true. Everyone has different opinions and ideas that cannot be imposed on others.

What is the reaction to the wedding dress?
People are petrified and just stare. The elderly started whispering with their sons. Street vendors downtown have hurled verbal harassments. But women in the metro tried to talk to me and even have a small party. The video I made of myself walking around Cairo in a wedding dress won the 25th Youth Salon Arts award and was treated as an "innovative" idea. DMITRY BELYAEV / MWN

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2

CULTURE

Twitter feed

Today, Alec Baldwin is not a Chris Christie fan, Elizabeth Hurley is on the road again, Hugh Grant doesn't feel like sharing, Billy Eichner has some pop predictions and John Cleese is impressed.

**@ABFalecbaldwin: Attention residents of New Jersey:
Your governor is for sale! To the highest bidder who will fund the Republican Governors Assoc.**

@ElizabethHurley: Off to Chicago- brrrrrr.

@HackedOffHugh: I don't do (have?) Instagram.

@billyeichner: I feel like Meghan Trainor is this close to recording a fun little dance song called "National Pancake Day"

@JohnCleese: Vladimir Putin has become a true Superstar

Bad blood among the 'Voice' judges

It's all smiles in front of the camera. / NBCU PHOTO BANK VIA GETTY IMAGES

Tensions are reportedly running high behind the scenes at "The Voice," no matter how chipper the chair-spinners look on the air. In particular, Adam Levine is apparently feuding with fellow judge Pharrell Williams, as Levine is "feeling shafted by Pharrell behind the scenes," a source tells Radar Online.

"Not only is Pharrell taking the contestants that Adam would have generally locked in with ease, but he is also a favorite among the production staff."

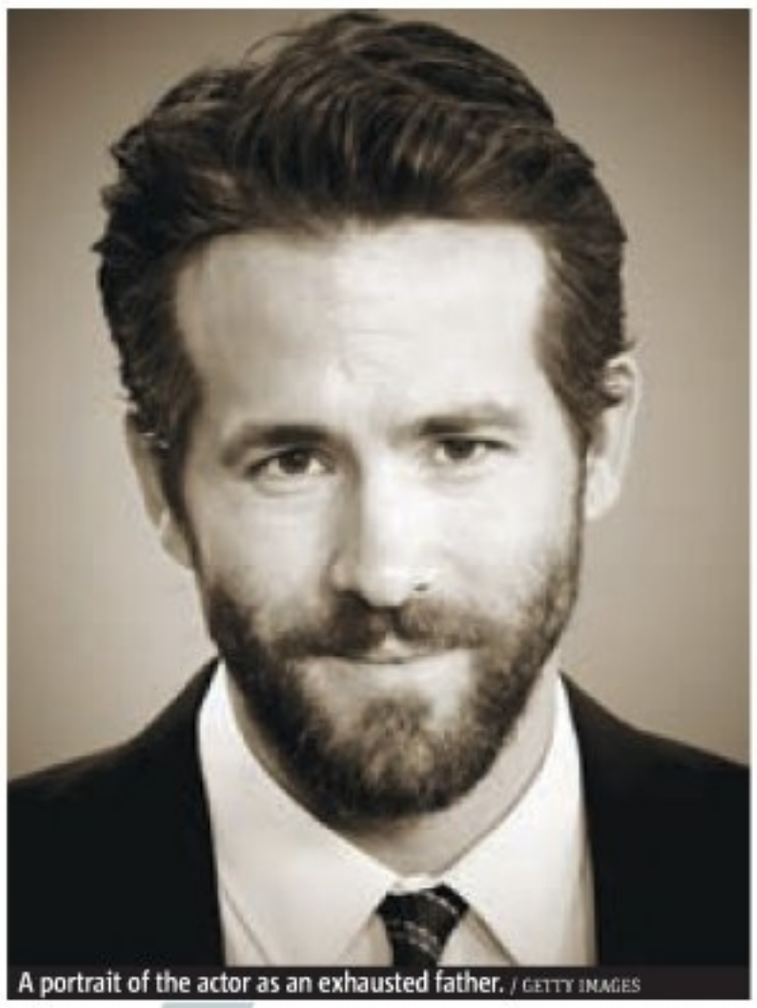
Ouch. Nobody wants to feel like the production staff's passing them over for the newer, more be-hatted model. According to the source, that staff may have good grounds for not favoring Levine: "Adam is just jaded after doing it for so many seasons," the source adds. "Production staff are saying that not only does Adam act like an a—hole, but he is totally jealous of Pharrell, and this season has brought out his true colors."

1

Sarah Silverman oversharing about boyfriend's privates

OK, so some men apparently give their, ahem, members nicknames. That's a thing. I guess. But hey, I'm all for new opportunities for creativity. And you'd have to get pretty creative to top the name "Masters of Sex" star Michael Sheen gave his, at least if girlfriend Sarah Silverman is to be believed. Completely unprompted, Silverman took to Twitter to announce, "My boyfriend named his penis. He named it 'The Great Christine Baranski,'" which sounds like a mouthful, honestly.

GETTY IMAGES



A portrait of the actor as an exhausted father. / GETTY IMAGES

Ryan Reynolds could use a nap

New dad Ryan Reynolds has some theories as to why he's so sleep-deprived lately. Or maybe he's just trying to put a positive spin on life with a newborn. "Our baby in particular is, we think, allergic to sleep," he tells Jimmy Fallon during an interview.

"We think that she thinks she's protecting us from the sleep monsters. Like, 'Oh, I've got to keep them up or the sleep monsters will get them.'" Which, as adorable as that sounds, is asking for an awful lot of advanced, creative thinking for a nine-week-old.

4

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar
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Everything 'Star Wars' is awesome

The recently concluded first season of Disney XD's "Star Wars Rebels" was apparently just the beginning of the network's plans to bring the galaxy far, far away to the small screen. And their next trick sounds, dare I say, awesome. According to the Hollywood Reporter, we can soon look forward to "Star Wars: Droid Tales," which will feature C3PO and R2D2 just after "Return of the Jedi," rehashing the first six films in the franchise over the course of five episodes set to air later this year. Oh, and the whole thing is done with Legos, like "The Lego Movie." It's sort of a Cliff's Notes for the whole saga so far, told with Legos. Awesome.

DISNEY XD VIA GETTY IMAGES

3

Daily video

Everything wrong with 'After Earth'

OK, so Will Smith has already admitted that "After Earth" was a failure, but that doesn't mean we can't dissect it and maybe figure out what went wrong. Enter Cinema Sins with a look at everything wrong with M. Night Shyamalan's science-fiction misfire. "This movie starts with a flash-forward that jumps to a flashback, then back to the forward only to then back up a bit and start the actual f—ing story," the beleaguered Cinema Sins narrator points out. And that is pretty damning. Honestly, though, one of the first sins they point out really is the worst: Jaden Smith's narration. Oof.

CINEMASINS, YOUTUBE

NEW RESTAURANTS POPPING UP

"How to Get Away with Murder," set in Philly but filmed in L.A., aired season one's cliffhanger finale last week. Afterward, star **Viola Davis** tweeted "Onto SEASON 2 BABY!!" We know they shot the pilot here in March 2014 using **City Hall** and **Ursinus College** exteriors, but will they film season two scenes here? It doesn't look good. "I haven't heard about 'HTGAWM' coming back to shoot," writes Greater Philadelphia Film Office boss **Sharon Pinkenson**. "They never came back for any additional shots since, so I'm guessing they'll make do with L.A."

On Thursday, **Nick Farina** opens the all-pop-up spot **EAT** (712 W. Girard) with guest chef **Stephen Latona** representing his upcoming Main Line rotisserie restaurant, **Smoke Kitchen**.

In **Italian Market** news, **Joncarl Lachman** and **Bob Moysan** of **Noord** on East Passyunk leased 943. S. Ninth St. in January and now have a name for their upcoming French/North African bistro: **Neuf**, which, depending on your French, cleverly means "new" and "nine." The **Local 44** crew took over **The Mildred** at 824 S. Eighth for a French-inspired comfort food spot. **Coeur** is rumored to be ready now, far sooner than their intended fall date.

Salt-N-Pepa, including Spinderella, middle, were the big-name entertainment for "Cheers for CHOP" at the Valley Forge Casino, where 700 attendees helped raise $675,000 for the hospital. / HUGHE DILLON

BOLDFACE

A.D. AMOROSI

A.D. Amorosi is a journalist covering arts, entertainment and food news and gossip. He can be reached at divaland@aol.com.

Real estate developer/City Council candidate **Ori Feibush** has a hip-hop campaign song thanks to South Philly rapper **Zaa Geez**. In "215 Rebirth (Vote for Ori)," Geez compares Feibush to basketball greats **Michael Jordan** and **Scottie Pippen.**

Sigma Sound Studio at 12th and Race, bought for $1.55 million, will be renovated into mix-used retail, office and apartment space. **Gamble & Huff**, **The Roots**, and **David Bowie** all recorded hits there. Sigma's master audiotapes were donated to **Drexel University**'s Audio Archive for preservation.

Celebrity sightings

- **Bill Murray** stopped at **Tom Gola Arena** at La Salle to watch son **Luke Murray** in action as assistant coach of the **Rhode Island Rams** basketball team. (They beat the **La Salle Explorers.**)
- The Philadelphia Eagles' **Beau Allen** dropped by his neighborhood's newest eatery, **P'unk Burger** on East Passyunk, to eat the Cuban (with fried pickles and mustard seed English cheddar), pose with owner **Marla Dilks** and play Donkey Kong in the front window.

Weekly Yelp. Good drinks? Fernet about it

Alright, put down whatever you're drinking because it's time to try something new — and a bottle of Fernet Branca is just the answer. Often considered Argentina's national drink, this bitter spirit can be enjoyed on its own or in one of these delicious cocktails. Cheers!

If you're ordering Fernet Branca at Abe Fisher, Yelper Melissa P. thinks you should get the veal schnitzel tacos, too. / XJ XJ

a. bar

135 S. 18th St., Rittenhouse
I was interested in trying a Fernet-based drink, since I'd never had it ... but didn't see any on the menu, and wasn't quite ready for a straight glass. The bartender was happy to craft a cocktail, and it was wonderful. **MELISSA P.**

Abe Fisher

1623 Sansom St., Center City
Highlights of the meal included all the drinks we had. The cocktail, beer and wine lists are really well done ... The after dinner drinks were fantastic. Everyone does scotches and cognacs, but their digestifs were on point! **MIKE W.**

The Industry

1401 E. Moyamensing Ave., Pennsport

Their cocktails seem pretty legit — I usually drink vodka, but I had a sip of a drink my friend got that had Fernet — if you like Fernet, you'll like it. Can't wait to come back here. **CHAU L.**

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James Van Der Beek breaks down 'CSI: Cyber'

Interview. The former "Dawson's Creek" star joins the crime-fighting franchise to chase down some online baddies.

Though James Van Der Beek has been trying out sitcoms recently, with "Don't Trust the B in Apartment 23" and "Friends with Better Lives," his latest project takes a more serious turn. He's playing an FBI agent on "CSI: Cyber," alongside Oscar-winner Patricia Arquette. The show follows a cybercrime squad assisted by a cyber-psychologist (Arquette). Van Der Beek tells us why you should follow him into the shadier corners of the online world.

Because he's trying something new: I love to shake it up. I can't do just one thing for too long. I had a great time doing comedy. I did it for three years. I had two shows picked up, and when I got this offer, I thought, "Maybe it is time to come full circle and come back to my dramatic roots."

Because come on, it's more 'CSI': Three letters motivated me: "CSI." It's one of the biggest television franchises in the world, so to play a lead on something like that is a huge honor. I don't know what possessed CBS after my comedy work to think, "Hey, we need somebody to kick some ass in the show, why don't we offer it to that guy?" But I'm really glad they did.

Because it's not just going to be cops with laptops: A show about four people staring at a screen for an hour is generally not the most engaging television. This is a blend of cybercrime-fighting technology and old-school techniques, because the computer stuff is really fascinating, but it all eventually manifests in the real world. Behind all the cybercrime is a real human being who lives in a real location and has a real door that may or may not need to be kicked down.

Because it's frighteningly big subject matter: I thought I was pretty savvy about cybercrime, but after speaking to the experts who were advising the show, I realized I was completely in the dark — both fortunately and unfortunately. The well of cybercrime is bottomless, which for a storyteller is great because you never run out of storylines, but for people it can be very scary. I hope this show does enlighten people as to just how much this kind of crime can happen to you and what steps you might want to do to just be careful and be aware and hopefully prevent it.

Theater. Lovingly satirizing the

Jennie Eisenhower plays Coach Shipley Barnes in "Field Hockey Hot." / PHOTOS BY DANIEL KONTZ

Let's just say this about field hockey players — you better not mess with them when they have a stick in their hands.

It's game on in Michael Ogborn's new comedy "Field Hockey Hot," which begins its run at the Mainstage of the Adrienne Theatre on Thursday through March 22.

"There's an absence of silliness," says Philly native Ogborn of field hockey players. "They really seem to be able to retain their femininity, but they're a force on the field. They're not silly girls. They're not silly about boys. When I was in high school they didn't worry about their hair, but they were pretty, and they did wear makeup."

In "Field Hockey

"CSI: Cyber" premieres tonight at 10 on CBS. / CBS

JAMES VAN DER BEEK
CBS VIA GETTY IMAGES

Quoted

"I thought I was pretty savvy about cybercrime, but after speaking to the experts who were advising the show, I realized I was completely in the dark."

Van Der Beek

Because he's finally FBI age-appropriate: I think, like, 10 years ago I wanted to play an FBI agent, but I just wasn't old enough. I didn't look old enough, certainly, and it was a blessing. And then just when I least expected it, I got offered the FBI agent. So I was very happy to take it.

Because he's gotten out of his own way: There's a moment in my career where I was so … I guess I will say precious about what I would say "yes" to, and I passed on everything and really got out of relevance for a minute there. And so then I came to a point where I thought, "Well, screw that." If something sounds fun and I haven't done it before, I'm going to say "yes."

Because he did his research: The worst thing you could do is be spouting technical dialogue and have no attachment to it. That's been the fun challenge of this job, to really wrap your mind around what it is you're saying. I attended college for two years as an English major. Why would I ever get to learn battlefield forensics? But now I get to.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

world of girls' field hockey

Quoted

"They really seem to be able to retain their femininity, but they're a force on the field. ... When I was in high school they didn't worry about their hair, but they were pretty, and they did wear makeup."

Michael Ogborn, about high school field hockey players

Hot," the star goalie of the fictional Applebee Academy is injured two weeks before the North American championship, but Coach Barnes (Jennie Eisenhower) will stop at nothing to win the title. Ogborn ("Baby Case") wrote the book, lyrics and music based on '80s hits. Megan Nicole O'Brien directs the 11th Hour Theatre Company production.

"We took the game seriously, but it is so much fun to see it played onstage," Ogborn says. "It's all set to music, and we have an announcer doing the play-by-play. There are two Russian exchange students played by guys; that's the comic humor there. There is a tough element."

Will "Field Hockey Hot" do for the high school field hockey sub-culture what the 1999 women's World Cup team and "Bend It Like Beckham" did for girls soccer or "Glee" and "Pitch Perfect" have done for glee clubs?

"The play brought back so many memories [for former field hockey players] and they brought their friends when we did the workshop," Ogborn says. "We're getting requests for groups of tickets for eight and 15 ... something seems to be happening totally by accident."

CHRIS JORDAN

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Dance the night away

Interview. Dancer Justin Peck and filmmaker Jody Lee Lipes talk about the doc "Ballet 422."

The documentary "Ballet 422" follows New York City Ballet corps member Justin Peck choreographing a dance. / MAGNOLIA PICTURES

Justin Peck is the weirdly calm center of "Ballet 422," a documentary now in theaters that shows Peck, a corps member of the New York City Ballet, choreographing a new dance for the prestigious institution. Directed by Jody Lee Lipes — a skilled cinematographer who shot "Martha Marcy May Marlene" and Lena Dunham's "Tiny Furniture" — the film doesn't pry into Peck's life, doesn't have narration or interviews and features none of the wounded egos common to ballet cinema.

Was Peck reluctant to let filmmakers follow him around when he was really busy?: "I didn't feel nervous about it, because at the time it wasn't brought to me as this huge feature-length documentary," Peck admits. "It was more like, 'This filmmaker wants to come in and shoot some of the process of you making the ballet.'" He says Lipes and crew were low-key and incognito as they filmed him. In fact, he was surprised when they wound up with a 70-minute final product. "I was like, 'How did you do that? How did that happen?'"

What it isn't: Lipes is proud the film is low-key and drama-free. "I don't think it's a film about conflict," Lipes says. "It's a process film. It's not about fighting. It's problem, decision, problem, decision, problem, decision. It is what it is, at least for this particular guy and this particular dance in this particular company."

How Peck and his colleagues have reacted to the film: "I think it's an honest depiction of the environment and also what it takes to make a ballet from start to finish," Peck says of a film that features no ego or in-fighting. "If it was twisted into some tall tale that wasn't at all what happened, I think people would have been pissed off."

JUSTIN PECK AND JODY LEE LIPES
WIREIMAGE

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Real to reel

Documentary as more than mere journalism

Lipes cites as a major influence Frederick Wiseman, the legendary documentarian of classics like "High School" and last year's "National Gallery." Like him, Lipes sees nonfiction filmmaking as about more than reporting facts. "I think documentaries can be used as a tool to explore or challenge social issues. And that's great. But I think documentary films get confused with what they're about. People think a good documentary is about a good topic. I think a good documentary is about a good topic, and it's made well," Lipes explains. "People think there's more room for a documentary filmmaker to be sloppy; it's OK because it's a documentary. I don't think that's OK."

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Organize your life using the KonMari way

Here are the best gems from Marie Kondo's "The Life-Changing Magic of Tidying Up."

ANDREA PARK

Marie Kondo is the Beyonce of Japan — a larger-than-life superstar. But unlike Beyonce, Kondo is a professional organizer. Her book, "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing," is making waves among Americans who want to learn how to live a neater and more Zen lifestyle.

We read the book and can vouch for its life-changing impact. Here are the lessons we learned from Kondo through her technique, which she calls the KonMari Method.

Get rid of unnecessary possessions

We've all heard this one before, but the KonMari method is to ask yourself if it "sparks joy." How can you tell? Don't think about whether or not you "might need it later" or if someone gave it to you as a gift — pick it up, touch it and decide if you feel a visceral joy for this item. If not, thank the item for serving its purpose to you (whether or not you actually used it or if it just gave you momentary joy) and toss it. Kondo is adamant that you must throw things away before you try to reorganize your home.

ALL PHOTOS ISTOCK

Tidy in order

Tidying isn't emotionally easy, so Kondo recommends the following order: clothes, books, papers, random items and, lastly, mementos. The expert says we don't have as much attachment to clothes, so this order will help build up resistance to being overly sentimental.

Put everything on the floor

Kondo says it's easier to assess an item if you take it out of hibernation. You'll be able to see it better, and it will be easier for you to pick up each item and touch it to see if it sparks joy.

Do big purges

Don't chip away at your mess. To avoid relapsing into your slobbish ways, do your big discards at once. Why? Kondo says when you tidy completely "you transform the scenery," and the tidiness will inspire you to keep it neat.

Use shoeboxes

Kondo is against pricey storage containers, especially if they're not square or rectangular. She suggests using shoeboxes instead because they are durable and the perfect size for small items. She even likes using the lids to store spices inside cabinets.

Kondo's timing couldn't be better — spring cleaning is just around the corner. Get ready for a "joy" ride!

Organizing expert Marie Kondo is a star in Japan. / TEN SPEED PRESS

PLUS

Another tip

Store everything vertically if possible

Kondo likes to store everything upright. She says stacking wears out the bottom items, and it's easier to see what you have when it's stored upright instead of at the bottom of a pile. Kondo folds her clothes so they stand on edge and even stores her carrots vertically in the refrigerator.

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Greenery

Pop-up park

Sometimes you just don't have room for a whole park. A few years ago, University City District set up the city's first "parklet": a pop-up mini-park, complete with seating to rest your weary feet, that takes over one or two parking spaces.

The parklets were a hit, and the economic development organization now creates five parklets outside area businesses during the warmer months.

UCD took a look at how these parklets affect residents and businesses in the neighborhood in a newly released a study.

Here are some of the findings from "The Case for Parklets: Measuring the Impact on Sidewalk Vitality and Neighborhood Businesses":

- Parklets can attract more than 150 users over the course of a day (in a space that's only 240 square feet!)
- Installing a parklet coincided with a boost in sales for nearby businesses.
- Parklets can't be contained: They have "substantial spillover effects" on the sidewalks around them.

RACHEL VIGODA

Parklets will come back in the warm months.
BEN TRAN/UCD

Gizmos you'll always need in the car

Jumper cables and a spare tire are musts for your car. But these handy gadgets and contraptions will earn their spot in your glove compartment – in case of car breakdown or boredom.

WANISE MARTINEZ, MWN

Portable Battery

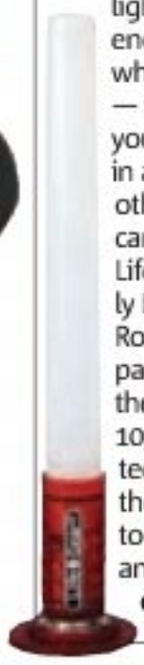
If you have a cellphone — and you probably do — it's pretty important that you have an external battery charger in your car. Rated in milliamp hours, or mAh, these gadgets work exactly like mobile batteries, offering extra hours if your phone is dead and you really need to call for help. The Anker Astro Mini 3200mAh runs with iPhone, iPad and Android, and it is a portable lipstick-size that promises to guarantee about seven hours of talk time for some phones and double battery to others. **Staples.com, $22.49**

Road Angel Gem

This little gadget will help you a lot because it can warn you about the speed limit and let you know about upcoming speed cameras. With an accurate database about the roads, the gizmo also warns you about hazards and accident black spots.

And the best part of all is that the Gem provides the user access to the "eAssist," a specialized service with an operator that will help you in case the driver gets in trouble. **RoadAngelGem.com, $247**

LED Lights



Imagine if you're driving alone, and your car gets stuck in some dark and eerie place. You really need to have a good flashlight with you. LED models are the best because they're small enough to fit inside your glove compartment, more reliable than other lights and bright enough to help you when you're in need — which also means you will avoid being in an accident with other vehicles that cannot see you. The Life Gear Eco-friendly LED Emergency Road Flares have a pack, with three of them, that provides 10,000 hours of LED technology, and they're pretty easy to use: just twist on and off. **Amazon.com, $5.89**

Handpresso Wild Portable Espresso Machine

For those drivers who spend too much time on the road, this caffeine booster pledges to make you avoid accidents and better deal with tiredness. Like any espresso maker, it will brew a freshly made cup of coffee, but here you can prepare one for yourself. Of course, you should pull your car over first. Have a little rest and then enjoy a much needed, stimulating cup of joe. Handpresso is non-electrical and compatible with all brands of ESE (Easy Serving Espresso) coffee pods. **Amazon, $135**

Delphi vehicle diagnostics

What about having a mechanic with you all the time? This device works exactly like that, providing real-time mechanical and troubleshooting data about your car's health. Because of its accurate diagnostic functions, Delphi is just like a remote control with which you are able to not only have the information, but also operate the locking and unlocking of the doors, checking the speed, and other features like starting the engine. All of this operates from the comfort of a smartphone app. **Verizon wireless.com, from $99 to $199**

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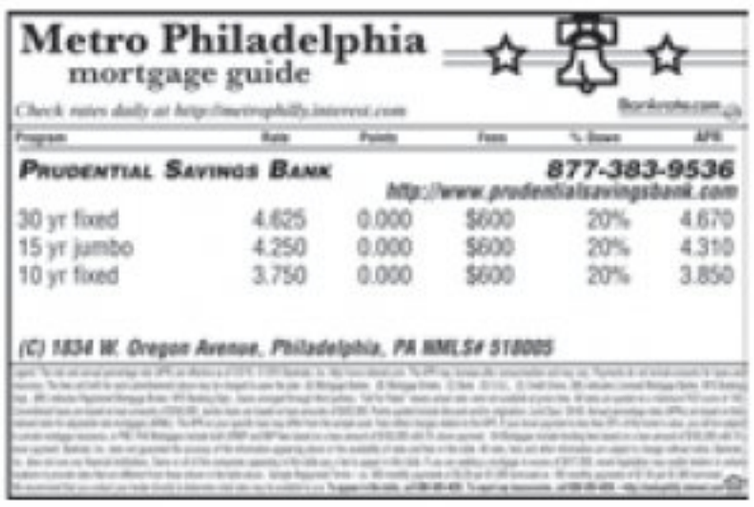
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Behind Dsquared²

Interview. Dean and Dan Caten are still setting the trend 20 years after establishing their label — and they're not done yet.

The label in three words

"Cool, individual and sexy."

Designers Dean and Dan Caten celebrate 20 years of their label Dsquared². / MCKE

ELODIE NOËL
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It's been a highly festive few weeks for Dean and Dan Caten, who not only celebrated the 20th anniversary of their Milan-based label Dsquared² but also their 50th birthdays.

Cherished by A-listers like Madonna, Rihanna and Justin Timberlake, the Canadian brothers have ventured from the label's origins in menswear into womenswear, accessories, kidswear, eyewear and perfumes. The identical twins even have their own restaurant in Milan, called Ceresio 7. We caught up with them right before their Fall 2015 show.

Why did you choose to set up your label in Milan?
Dan: Milan is an international fashion capital, and we wanted the clothes to be made in Italy so it was easier for us to look for factories and producers. Also, our father was Italian [he shortened his surname from Catenacci when he moved to Canada].

What was the moment you knew it would work?
Dan: When we did our very first collection, we were turned down from the showroom who had ordered it in the beginning, and we thought that was the end. So we set up a stand in a fair in Paris, and we sold the collection on our own. After those first four days, we actually went home with half a million dollars of orders. From then on, we had really good orders from really good clients. So we kind of thought, "Hmm, seems like it's going to work."

What was the most challenging moment for you as a duo?
Dean: I think the big challenge was the life we had as kids, so we were well-prepared for anything that would happen in our job. Nothing was going to stop us; we weren't afraid of anything. We weren't afraid of taking chances and risks. We work together, we live together, we go on vacation together. We are almost, in a weird way, a two-headed monster.

What models do you love working with?
Dean: That's a hard one because we are like a big family, and I'd hate to say that one is our favorite! Each and every one in their own way would be like our babies. Naomi [Campbell] of course, Cara Delevingne, Karolina Kurkova, Natasha Poly ... They are all amazing.

Which celebrity best embodies the spirit of your label?
Dean: Madonna gave us the stamp of approval for the world, and when she gives you the stamp, the world wakes up and says, "We should keep an eye on these boys." She embodies the brand the best because she always wants to be on the edge and always wants what's new. There's a reason that she's been number one for 25 years. She has that lasting power when most people just came and went.

What was your happiest moment?
Dan: I think one of our happiest moments was when we opened our first shop in Milan because it felt like, "Now we are here, we have bricks, we are right up with the big brands." It made us cry tears of joy!

You both love music. What song could represent your career?
Dean: "Climb Every Mountain" by Christina Aguilera. It's very powerful.

Why did you choose to ask Mary J. Blige to sing at your 20th anniversary show last month?
Dean: Mary has one of the most beautiful voices in the world, and the song she sang, "One Love," is very inspiring and powerful. It kind of embodies everything we are as twins. We were so fortunate and happy she agreed to do it on our birthday.

Where would you like the brand to be in 20 years?
Dan: We feel like in the past 20 years, we have been building the foundation of the company and in the next 20 years — now that we have mastered our craft — we'd like to see it really expand and grow. We are ready to explode.

What is your favorite collection so far?

Dan: It was "Star 24/7" [in 2003], which was our first women's collection. Nobody saw us coming, and it was the best casting ever. Naomi Campbell was the first one to come on board and we thought, "Naomi is doing it so it will work."

GETTY IMAGES

The designers on their Fall 2015 show

"We are going deep into our heritage, our culture and where we come from ... way back."

GETTY IMAGES

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Block out some time for B-Method

Inside the Workout. This seemingly mild class makes a lasting impression.

Terri Walsh has been developing her Active Resistance Training method for 25 years, precisely because she knows you don't have that kind of time.

"When people come to a class, they don't have time to dice things up into pieces anymore," the trainer says. "That's why it has to encompass flexibility, strength, endurance and cardio."

The B in B-Method, the name of her class at Crunch gym, stands for "block" — actually a pair of yoga blocks that she says is "how I trick people into the room." They're also the key to creating a workout with baked-in variable intensity. If you're not flexible, the blocks essentially bring the floor up to meet you; for someone more advanced, they make push-ups tougher through extending range of motion by putting the floor farther away.

"Blocks can assist or become an agent of resistance," Walsh explains.

By propping yourself up on the blocks during planks, keeping it pressed tightly between your hands during lunges, squeezing them between your knees for sit-ups and more, you're creating four active resistance points: feet, navel, ribs and shoulders. Being conscious of keeping these engaged is your goal — not that you have to be reminded to keep your core tight when balance is almost always a factor.

The workout can also complement a yoga practice.

"With yoga, there is a lot of problems with hands, wrists, elbows and shoulders ... which weren't really meant to be treated like feet," Walsh explains. "So if you're a yogi, this is going to use the skills you have, but it's also going to build up the areas where you're weak and protect the areas that may have been overused."

If you can't make it to Crunch, you can follow Walsh's lessons at youtube.com/user/exerciseworld. / PROVIDED

EVA KIS
@thisiskis
eva.kis@metro.us

Inside the Workout

B-Method

For a week after this class, I was walking like the Tin Man looking for his oil can — but it wasn't because of pain. As promised, I didn't feel like I'd been "hit by a truck," but the muscles in my stomach, butt and thighs (inner and back) were so stiff that I genuinely needed help picking things up from the floor. (My shoulders and triceps were barking too, though not to the same extent.)

Walsh often had us place the blocks at asymmetrical spots — under one elbow and beneath the opposite knee for arm and leg extensions, which raises the difficulty level exponentially by forcing you to abandon any hope of momentum assisting you. (That tactic would've sent you crashing off the blocks.) The hour-long class doesn't involve routines or set a strict pace; the idea is not to watch yourself or the instructor in the mirror but to perform every movement mindfully.

The effect was to keep everything from the core out through each limb taut, always pushing on the blocks as you curse every ounce of flesh you're having to balance on 4-by-6-inch foam platforms. They're propped under your butt to extend your usual stretches; they're under your elbows during reverse push-ups. They're wretched — and they get results.

B-Method is a full-body workout. / PROVIDED

The bottom line: You'll recognize many of the movements as the bread and butter of body-sculpting classes — what you'll be surprised by is what a difference a few inches make to how much harder you're working. As an exercise writer, variety in workouts is a job requirement, but I've not felt as worked over before or since B-Method.

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Horoscope

♓ Pisces | Feb. 19-March 20
Not everyone is as truthful as you are. Don't believe everything you hear. Get your facts in order before you make a decision.

♈ Aries | March 21-April 20
Participation in group events will lead to friendships. Enter, enroll or volunteer within your community, and you will open the door to new possibilities.

♉ Taurus | April 21-May 21
Don't sit on the sidelines if you have something to contribute. Keep your emotions in check and base your opinions on sound facts.

♊ Gemini | May 22-June 20
Without breaking the bank, there are ways to increase the comfort of your house. Make your home a welcome retreat.

♋ Cancer | June 21-July 22
Consider making some substantial changes to your life. Keep personal information a secret. Someone will have ulterior motives.

♌ Leo | July 23-Aug. 22
Deception is apparent. You'll end up in a vulnerable position if you get involved in a risky financial deal. Use your charisma to outmaneuver anyone.

♍ Virgo | Aug. 23-Sept. 22
Expect important information to be withheld. Now is not the time to show emotion if you want to come out on top.

♎ Libra | Sept. 23-Oct. 22
Get together with friends. The hectic routine will be detrimental to your health. Some physical activity will help alleviate stress.

♏ Scorpio | Oct. 23-Nov. 21 Make personal changes, but be diplomatic when discussing such matters with the people you live with. Be firm and considerate, but put your needs first.

♐ Sagittarius | Nov. 22-Dec. 21 Travel delays or minor roadblocks will prevent you from completing your to-do list.

♑ Capricorn | Dec. 22-Jan. 20 Some things cannot be rushed. You should use your powers of persuasion when discussing a possible deal with your employer.

♒ Aquarius | Jan. 21-Feb. 18 Be a leader. You are at your best when you make your own decisions and listen to your intuition. Being what someone else wants you to be will lead to disappointment. EUGENIA LAST

Letters to the editor

A few simple rules and a little courtesy can make commutes more enjoyable for everyone

With the overcrowding on the commuter rail, some riders really need reminders about common courtesy.

1) Give up your seat to an elderly person, an infirm person or a pregnant woman. It should be obvious, but time and time again, I see young and middle-aged men who ignore people who need seats much more than they do.

2) Don't put your bags etc., on the seat next to you unless your bags are buying tickets.

3) Don't try to "hold" seats. This is not the high school bus.

4) If you are on the aisle seat of a three-seater, the middle seat is vacant and someone wants to sit down, just MOVE over. When there are lines of people waiting to board the train, you slow things down a lot by not just doing so.

5) If you do have to stand, please make sure your knapsack, purse etc., is not interfering with someone who is sitting down.

PAT DEVLIN, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

9			7					6
1							4	7
	2		3			9		8
					7	4		
8	7		2		6		5	3
		9	4					
7		8			3		6	
6	3							4
4					1			5

			3			4		
6				8	4	7		
1			9		7			6
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				3				
5		9	2				7	3
9			6		2			7
		1	4	7				2
		7			3			

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Crossword

Across
1 Transparent
6 Made crooked
10 Agree
14 Marilyn of the Met
15 Declare openly
16 Auction site
17 Cake decoration
18 Ristorante order
19 Poop out
20 Noncommital (hyph.)
22 Former JFK arrivals
23 Q.E.D. part
24 Width of a cir.
26 Consultant
30 Scramble up
34 Wildlife refuges
35 Debt securer
36 Seine moorage
37 Brenner Pass locale
38 Humors
40 Short-order orders
41 — Dawn Chong
42 It's seen in bars
43 Fanatic
44 Reflects
46 Weasel relatives
48 Crumb-toter
49 Kirk's helmsman
50 Trail mix
53 Oater feature
59 Flapjack chain
60 Queen beaters
61 Debonair
62 Put away
63 High spirits
64 Ms. Barkin of film
65 Notified
66 Rank below marquis
67 Biased viewpoint

Down
1 Intel product
2 Bonkers
3 Viking name
4 Prince Charles' sister
5 Go backward
6 Fund-raiser
7 Banish from a flat
8 Jot down
9 Plays with idly
10 Flotsam and —
11 Long-legged wader
12 Homer's kid
13 Hurricane centers
21 Half a swing
25 Mr. Fleming
26 Bedside noise
27 The One-L Lama
28 Puff adder, e.g.
29 Tax org.
30 British FBI
31 Hull's bottom
32 Rocker – John
33 Pauses
35 — -eared bunny
38 Borrow on
39 New World alliance
40 Morsel
42 Dad, to Grandpa
43 Minor injuries
45 Knocked
46 Shellfish
47 Totality
49 Villain's smile
50 Talent
51 Indiana neighbor
52 Cinnamon goody
54 NCAA Bruins
55 Declare invalid
56 Dress-up occasion
57 Neck and neck
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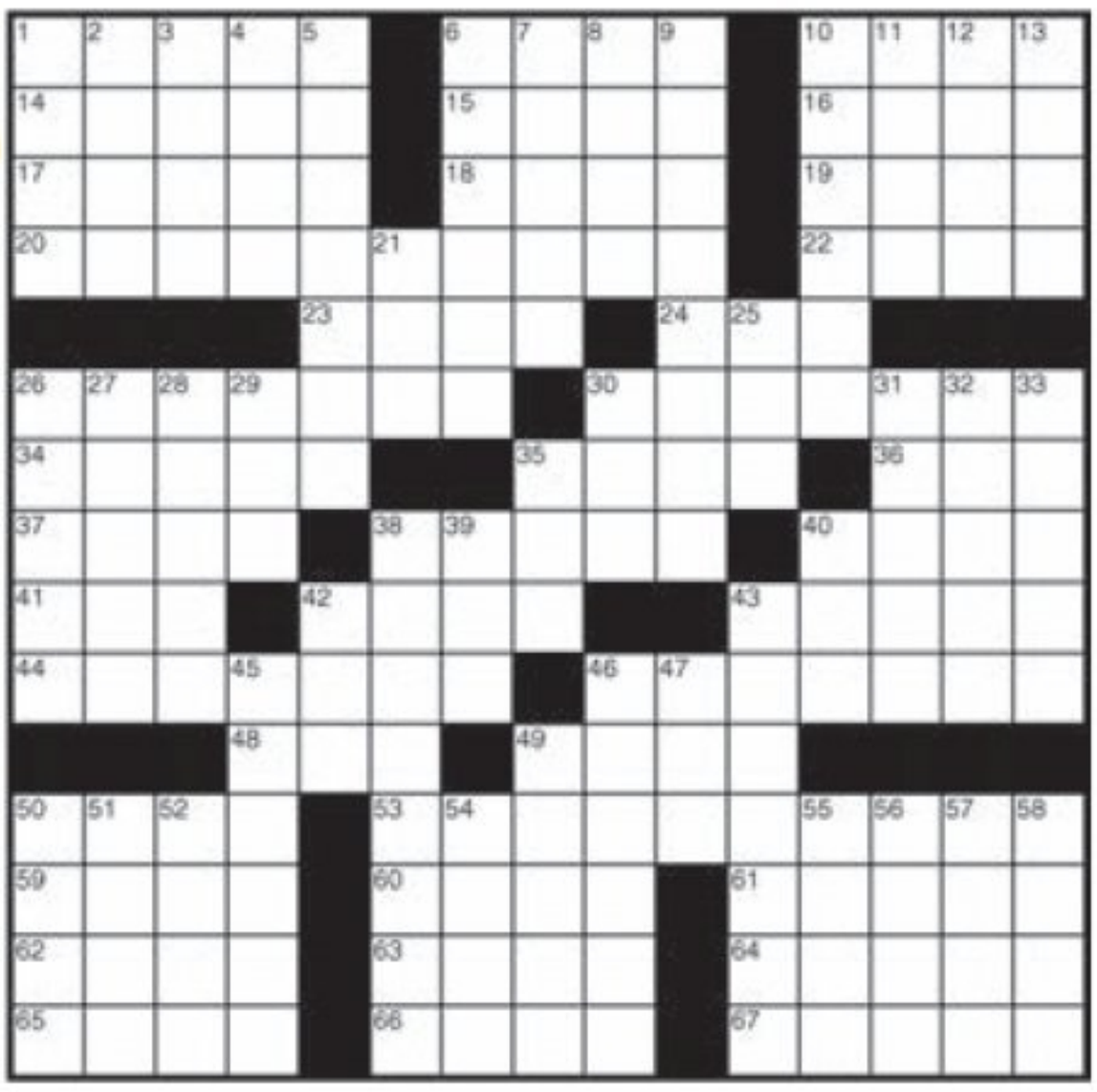

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Moving day

Williams cut

The Eagles cut Cary Williams Tuesday morning, hours ahead of the big LeSean McCoy deal with Buffalo. "That was fine with me," Williams told 97.5 the Fanatic. "I'm not disappointed in anything that went on in Philadelphia. I enjoyed my time there. I enjoyed the fans, and I enjoyed my teammates."

McCoy gone in a flash

NFL. The Eagles made one of the biggest moves in franchise history Tuesday, trading LeSean McCoy.

The Eagles and Chip Kelly shocked the NFL and the city of Philadelphia early Tuesday night when Adam Schefter of ESPN reported that the Birds had agreed to trade LeSean McCoy to the Bills for linebacker Kiko Alonso.

Philly parts ways with the most-worked runner in football in McCoy, a guy who has rushed 626 times over the last two seasons. In 2013 he had a breakout season, leading the NFL in rushing. His 6,155 yards are the most yards in football over the last five seasons. He's also the Eagles' all-time leading rusher.

The LeSean McCoy era in Philadelphia came to a close early Tuesday night. / GETTY IMAGES

The replacements

NFL free agency begins next week and the Eagles will certainly be active participants.

- DeMarco Murray and C.J. Spiller are two high-profile running backs who could be available to the Birds.

McCoy had expressed his wish to return to Philly when the season ended in December. Kelly mentioned he wanted McCoy back, but clearly the coach now has a greater plan in mind.

Since taking control of the front office, Kelly has let Todd Herremans and Cary Williams walk and it appears likely he will let DeMeco Ryans and Trent Cole go as well.

The trend appears to be getting younger and cheaper — and Eagles fans can only hope Kelly is gearing up to make a big move.

McCoy's departure opens up $10 million in salary cap space, with recent offseason moves possibly creating more than $40 million of space. This gives Philadelphia the fifth-most cap room in the NFL.

Added to the Eagles' linebacking corps is Alonso, who played for Kelly at Oregon and had a stellar rookie season in 2013, collecting 159 tackles. Last season's leading tackler for the Birds was Mychal Kendricks with 82. He is the ninth former Duck to join the Eagles.

Alonso missed the entire 2014 season with a torn ACL but at age 24, he is expected to return as a perennial All-Pro linebacker for years to come.

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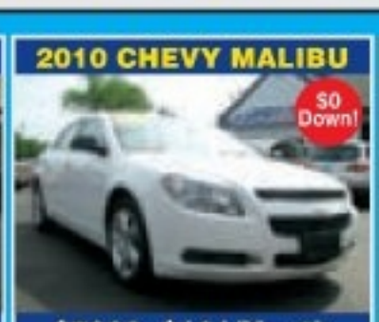

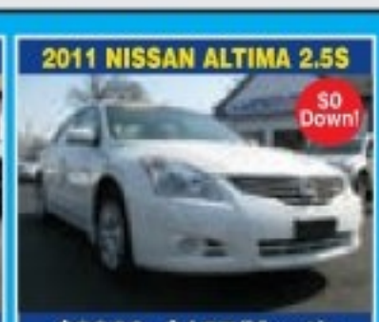

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Canaan takes the place of Michael Carter-Williams, but he has a much different style. / GETTY IMAGES

Canaan, 76ers a good match

NBA. New Sixers point guard Isaiah Canaan is up to the challenge of leading the NBA's youngest team.

There has been a revolving door all season.

As a result, it has been a evolving process for the 76ers, most notably for coach Brett Brown.

Players have flown in, checked their bags, met with the coaching staff and found themselves playing immediately.

For Isaiah Canaan, it was a blessing.

The 23-year-old point guard was acquired in a trade deadline deal from the Houston Rockets for K.J. McDaniels and came through with 14 points, four rebounds and three assists in just his second game with Philadelphia in a five-point loss at Orlando.

Canaan has 63 points and 17 assists in six games with the Sixers, not to mention a wonderful opportunity to showcase his skills.

"All I've been looking for is an opportunity, and I've been put in a good one," Canaan said. "I'm glad to be here."

Forward Robert Covington is equally thrilled.

Covington attended Tennessee State and Canaan went to Murray State. The players competed against each other and eventually became teammates in the D-League.

"He's going to work as hard as anybody, and he'll compete like crazy," Covington said. "He's going to fight and scrap just like I do. We both have dreams of being in the NBA, and we're going to do everything possible to have it keep going. He's an amazing competitor and I expect him to do a lot of great things."

Canaan was recently sent to the D-League's Rio Grande Valley Vipers, and he continued to display an incredible work ethic with the hope of returning to the NBA as soon as possible. Canaan averaged 21.6 points and 8.2 assists in 22 career games.

While Covington was cementing his role with the Sixers, Canaan was waiting patiently off the court. On the court, he was relentless.

"He [Covington] was excited, and he actually called me right after [the trade] happened," Canaan said. "We played a lot together last year, a little in the D-League and then with Houston while he was there, and we played in the same conference in college, so we're pretty familiar with each other. It's a pleasure to be able to play with him again, and on a big stage."

Canaan was the No. 34 overall selection in the 2013 NBA draft by the Rockets, and now he's looking to maximize this chance. It doesn't matter that the Sixers are 13-47.

Canaan is anxious to prove his mettle for the long run.

"I want to show that I can compete," Canaan said. "I want to show that I can lead a team and be an extension of the coach on the court."

Quoted

"I don't want anyone to be able to say I didn't play hard. That is my goal."
Isaiah Canaan

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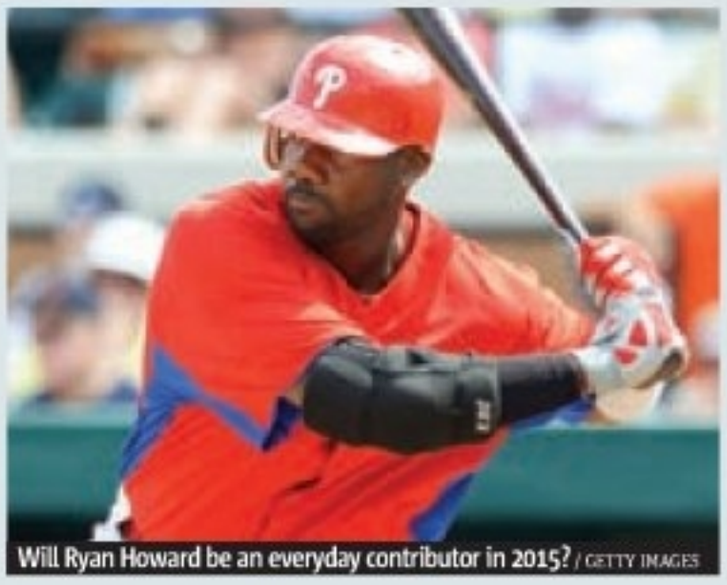
Phillies 5, Yankees 5

Howard wastes no time, makes impressive debut


Will Ryan Howard be an everyday contributor in 2015? / GETTY IMAGES

Ryan Howard is finally healthy.

It's been quite some time. So long in fact, that his injury woes can be continually traced to his season-ending groundout to end the 2011 season, the end of the Phillies' most recent run at success.

Walking to the plate nearly 20 pounds lighter and without pain in his ankle, Howard looked like his old self batting cleanup in the Phillies' Grapefruit League debut Saturday.

And even though the Phillies blew a 5-1 lead in a 5-all, nine-inning tie against the Yankees on Tuesday, Howard shined, going 2-for-2, with an RBI-single in the fourth inning.

It's early, and it's just the beginning of a marathon season, but if Howard can resemble even a sliver of his former self, the one that routinely knocked in 120 runs and hit 40 homers when he was healthy, it could go a long way in making the Phillies' offense potent in 2015.

Charlie Manuel is back in the Phillies' camp as an advisor, so perhaps the tutelage of Howard's former skipper will help him as a hitter.

It could also increase his trade value, to help the Phillies rebuild — though even a productive Howard would be difficult to move with his commanding salary.

Others contributing to the Phillies' spring opening effort included Cody Asche, who knocked in a run and Cameron Rupp, who walked and picked up a key hit.

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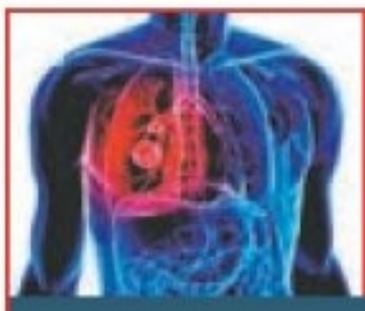
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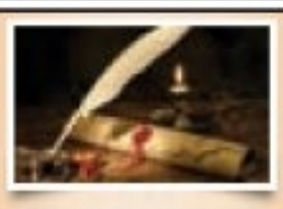

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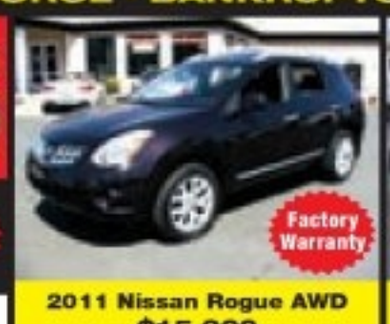

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